Cindy Nebel Cover photo Bruno Pixabay eight months ago took career change started new role Director Learning Services medical school first weeks job happily told students spacing retrieval practice concrete examples dual coding often would listen eyes glazed smiled nodded thanked time clear ’ much impact Eight months later ’ learned much tools language strategies medical students use ideas adapted using effective strategies follows hope provide ideas medical students reading also discuss lessons ’ learned limitations research efficient effective learning First prior knowledge non-medical folks reading Med students skip next paragraph Image yanalovephoto Pixabay Medical education divided Undergraduate Medical Education UME includes coursework supervised clinical rotations specialty electives Graduate Medical Education GME residency like entry level job UME graduate-level education post-bachelors called Undergraduate reasons ’ yet discover purposes blog ’ focused Phase 1 UME – coursework medical schools preclinical coursework involves series short 4-8 weeks-ish courses foundational topics anatomy physiology organ modules e.g cardiology brain behavior hematology etc. UME students enormous amount information learn courses extremely short amount time Many medical schools switched pass/fail curriculum goal master 100 content maybe 80 stay safely passing threshold end coursework students varies medical school take first Medical Licensing Examination called Step 1 exam 8 hours long tests basic science knowledge high working memory demand questions ask apply knowledge series vignettes usually requiring understand information across systems connected problem-solving way answer goal 100 exam maybe 70 safe passing range typical week medical school students many required activities vary school might include lectures active learning sessions simulations etc addition long list material requires self-directed learning simply enough hours day master material need learning strategies effective efficient